



# Medford Leas *Life*

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## **FREEDOM TO BE**

by **Suzanne Frank**

(An occasional article in a series about the everyday lives of residents who use assistive devices.)

On his first day here, **Frank Snope** found himself lured by the hubbub of milling crowds during the annual Community Day. “I was able to come over (from Bridlington) on my scooter and it felt so freeing. I thought to myself, I can do all this. I felt at home right away.” Frank has post-polio syndrome.



photo by Margery Rubin

During the 1945 epidemic in New Jersey, Frank fell victim to polio at the age of 13. He was fortunate to be admitted to Jersey City Medical Center where, in an isolation wing, he underwent what was called the Sister Kenny treatment consisting of heat and physiotherapy. He was discharged some time later, walking as normally as possible with the aid of half-crutches that came to his elbows. Then, after ankle surgery in 1948, he did not need crutches anymore. He was able to go through college, medical school, and a busy medical practice with the help of his wife and assistant, **Betsy**, until the age of 50.

Very gradually, Frank began experiencing a slowly increasing muscle weakness in his legs and shoulders, and started using a cane. At one time, when Betsy was ill and he could not help as he would have liked, they both recognized that “we needed to be where all our needs could be met.”

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And so they came to Medford Leas. "I have such freedom here with my scooter," Frank said. "I can go all over the campus. If Betsy goes for a walk, I can go with her. I can go to meetings, to dinner, to the Fitness Center, and, if one day I get non-ambulatory, I can still use my scooter and perhaps even move over to the Courts."

Having had a yard to maintain in their three-story-with-elevator home in Barnegat Light, Frank appreciates all the maintenance that is done in and around his Bridlington home by Medford Leas. "It's a great thing for both of us," he exclaimed. He recalled that when he was away one year, he came home to his shore house to find his driveway hidden completely under the snow. Here, his driveway is cleaned, and he is able to either drive or use his scooter on most days when it is not too cold. "I just get in my scooter and use the paved walkways, which have curb cuts, and go in and out of buildings using the automatic doors."

Frank feels fortunate that between his physiotherapy and fitness workouts, he gets plenty of assistance to keep his body strong and moving. In addition, the Physical Therapy Department provides yearly maintenance evaluations for scooter users and also handles repairs on an 'as needed basis.' He also appreciates that he can scoot over and have an occasional cup of coffee in the Coffee Shop and make use of the Library, which he finds so well-stocked and comfortable. "I feel secure, content, and really free here," he said with a smile.



Barnegat Lighthouse

## ADVOCACY POLICY

by Kay Cooley

At his Community Conversation on March 5, CEO **Dennis Koza** introduced residents to the new advocacy policy that establishes guidelines for residents when they find themselves in a medical emergency, need to go to a hospital, and want to have someone accompany them but have no close relative who can do so.

Advocacy in this context refers to the role of intermediary with hospital staff that might be played by a relative or friend on behalf of a patient at the hospital. The policy describes the procedures for identifying the selected person to the Health Center and posting that name at home where it can be easily seen. It clarifies that Medford Leas staff are unable to fill that role, with the exception of companions, who are paid for the time they spend as advocates.

The policy further outlines the steps for calling for emergency help from the different areas of Medford Leas, the protocols for getting pertinent medical information to the appropriate hospital staff, and the procedures for returning home.

This important policy was evolved by an ad hoc committee of the MLRA Health Committee and staff representatives. The members included **Liz Conlin**, Director of Quality & Infection Control; **Trudy DeLacy**, Director of Social Services, Ombudsman; **Dennis Koza**; **Dolores Redner**, Administrator; and residents **Georgia Franklin**, **Bill Muir**, **Bud Stratton**, **Barbara Trought**, and **Mort Yeomans**. **Frank Snope**, Chair of the Health Committee, served ex officio.

The policy will appear in its entirety in the new revised edition of the Residents' Handbook to be issued soon.



## NEW MEDICAL DIRECTOR

[Maggie Woodard & Elsie Behmer  
contributed to this article.]

**Jennifer Khelil**, DO, our new Medical Director, was warmly welcomed at a reception in her honor on Friday, March 5. Her appointment had become effective on March 1.



photo by Margery Rubin

She is delighted to be here, explaining: "In June 2009, I came to Medford Leas because **Dr. Quinton** (then acting Medical Director) asked me to and because part-time was a good fit for my schedule then. I stayed because Medford Leas is such a professionally rewarding environment in which to practice.

"Residents are genuinely interested in their health and are active participants in their own care. I have had experiences in other venues in which patients are non-compliant — not taking care of themselves, not taking necessary medications. That can be discouraging.

"Here people don't hesitate to bring health-related articles to their appointments. They are open to alternative options and therapies. They want to practice wellness. They are partners with the Health Center Staff. This is the ideal place for me."

A lifelong resident of South Jersey, Dr. Khelil has lived in Medford for ten years, along with her four children, Ian, Logan, Aidan, and Chloe, ages 8 to 15. After attending Holy Cross High School in Delran, she earned her BS in Biology at Villanova University. Before entering medical school, she worked on the portion of the Human Genome Project being studied at Children's Hospital of Philadelphia/University of Pennsylvania. The Human Genome Project is a worldwide collaboration formed to map the human genetic code. Because there is a genetic component to many illnesses, Dr. Khelil has found the knowledge she acquired working on the Human Genome Project useful in her practice.

A graduate of the University of Medicine and Dentistry School of Osteopathic Medicine in Stratford, NJ, Dr. Khelil completed her internship and medical residency at John F. Kennedy Memorial Hospital and Our Lady of Lourdes Hospital in Camden. As a result of her training in osteopathic medicine, Dr. Khelil has a holistic ideology and incorporates it into her daily practice. She believes it is important to treat the person, not just the illness or disease. As a result, she spends more time talking with patients than is sometimes possible in other settings.

Dr. Khelil joined the medical staff of Virtua Memorial Hospital in 1998 and spent several years there on the general medical floors and as a hospitalist, working with patients in the intensive care unit and in postoperative surgical recovery. For the past three years she was in private practice in Moorestown.

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"Never go to a doctor whose office plants have died."

*Erma Bombeck*

## BROKEN BOUGHS

Almost as soon as they had finished their share of plowing and shoveling snow, clearing parking lots and walkways, and spreading sand and salt, the Landscaping staff turned their attention to our trees. The team hauled out saws, pruners, and loppers to take down hanging, broken branches and to clear away those already fallen.

“The storms have certainly taken a toll on our trees,” said **Herb Minkus**, Arboretum Coordinator. “It will be quite some time before it is all cleaned up! The white pines seem to have sustained the most damage from broken limbs, but they should be okay. Pines are natural pruners, meaning they routinely lose their branches when they are ‘shaded out’ or break from being too heavy (usually from a snow load or high winds).”



Many white pines lost many limbs.

“The limbs that are broken and hanging cause the most concern,” he continued, “because they can fall, causing serious injury. We’re finding new ones all the time, especially as the snow melts and more areas of the campus are accessible. Those we miss are eventually spotted by other employees or residents.”

One of the three cherry trees (*Prunus okame*) across from the Nature Center was found split in half, and some twigs were salvaged by **Debbie**

**Lux**. She and **Christa Irick** put them in water and forced their buds into pink blossoms. These graceful harbingers of spring found their way indoors to dining room tables as centerpieces.



Cherry blossoms add a touch of spring in the Colonial Dining Room.

Broken branches of all types are being collected (there are plenty of piles around campus) and will be fed into the tub grinder to become mulch. Fallen trees will be sawed into pieces and turned into mulch as well. The whole landscaping team — **Gene Marconi**, **Jeff Herndon**, volunteer **Matt Gardner**, as well as Herb and Debbie — is more than ready for spring to arrive outdoors, too.

**E.A.B.**

“Autumn arrives in early morning, but spring at the close of a winter day.”

*Elizabeth Bowen*

## EMPLOYEE OF THE YEAR

by Kitty Katzell

At the Annual Employee Recognition Dinner on March 12, **Ed Ellis** was named Employee of the Year, keeping the award in the Fitness and Aquatics Department, where **Ken Roland** had won it last year. Ed was one of the four Employees of the Quarter in 2009, from among whom the Employee of the Year was chosen. The others were **Rachel Conte**, Therapeutic Recreation, **Kathy Magrann**, Dining Services, and **Rick Trandahl**, Fitness and Aquatics.



Before the big announcement **Tom Zemaitis**, chairman of the Estaugh Board, and **Sally Miller**, President of MLRA, spoke briefly, each of them expressing particular appreciation for the loyalty and the recent special service of employees during February's snow emergencies. Seven other members of the Estaugh Board were also present, as were MLRA Vice-President **George Rubin** and his wife, **Margery**.

Next, **Dennis Koza**, CEO, and **Marie Cox**, Director of Human Resources, presented recognition awards to employees who had worked at Medford Leas for three, five, ten, 15, 20, 25, 30, and 35 years. Of the 72 employees in those categories, 33 were present to have their names announced, receive their gifts, and have their group's picture taken by **Susan DiJacomo**.

Five employees were recognized for 25, 30, and 35 years of service. **Bill Conte** and **George LeMunyon** have both worked at Medford Leas in Maintenance for 25 years. With 30 years of service were **Trudy DeLacy**, Social Services, and **Janet Rumble**, Health Center. **Bob Costigan**, Maintenance, received special recognition for 35 years of service. When Trudy's award was presented, Dennis announced that she will be retiring April 16.

Fifteen former Employees of the Year were present and recognized, as were eight of the eleven members of the Employee Council.

## MLRA COUNCIL NOMINEES

**John Sommi**, MLRA Nominating Committee Chair, has announced the Committee's nominations for the new members of the MLRA Council. They are **Ferrill "Lefty" Alderfer**, Lumberton; **Doris Allebach**, Courts; **Steve Denham**, Rushmore; **Alan Gaylord**, Lumberton; **Jean Nicholson**, Bridlington; and **Anne Wood**, Rushmore.

Those six residents will succeed **Jim McConville**, Lumberton; **Susan Dowling**, Bridlington; **Joan McKeon**, Bridlington; **Helen Vukasin**, Lumberton, completing the term of **Dan Seeger**; **Dave Taylor**, Bridlington; and **Fran Webb**, Courts.

Continuing members of the MLRA Council are **Sally Miller**, President, Courts; **George Rubin**, Vice-President, Courts; **Betty Preston**, Rushmore; **John Sommi**, Lumberton; and **Bud Stratton**, Courts.

The members of the Nominating Committee were **Jim Muir**, Courts; **Jean Nicholson**, Bridlington; **Allyn Rickett**, Courts; **Jean Scattergood**, Rushmore; and **John Sommi**, Lumberton, chair. The election will take place at the regular MLRA Business Meeting on April 19.

## LIFE IN THE SIXTIES

by Betsy Pennink

**Jane** and **Dave Bartram** are delighted to be at Medford Leas. They were both 64 when they moved from Scotch Plains, NJ, to the Lumberton campus in April 2008. The richness of their life here has been beyond their expectations. They had visited Jane's aunt in her CCRC for a period of 25 years and had seen how enthusiastic she was over the quality of her life there. When it came time for them to choose for themselves, they picked Medford Leas because, Jane says, of "its atmosphere, which is less formal and based on Quaker principles" (Although not Quakers, both Jane and Dave went to Germantown Friends School in Philadelphia.)



photo by Margery Rubin

The contrast to their previous life has been dramatic. Instead of living in an isolated area with little sense of community, here they found themselves surrounded by active, interesting people. Dave says he felt young at first, but "now sees people as people, not old people." People here are "amazing, so capable, so involved and fulfilled."

Jane says there were "always older people in her life." However, she has found everyone here "really an inspiration and an example." She can discuss issues of aging with them and realizes that if these people can have such a positive approach, then so can she and Dave.

Dave describes the "tipping point" in their decision to come to Medford Leas. During an Open House, they had lunch with **Doris Wallace** (Lead Coordinator, Environmental Services) and **Charlie Morrow** (Lumberton resident), and Dave was impressed with the togetherness of the community. He comments on how "everyone makes eye-contact and knows your name."

Both Jane and Dave had previously done volunteer work, but on an individual basis. Here they volunteer in a social situation, which is very rewarding. At Lumberton, Jane is on the Social Committee and together they have been cluster leaders as well as greeters at Open Houses. This helped to "break the ice." On the Medford campus, Jane is the scheduler for the Gift Shop. Dave pushes wheelchairs and is chairman of the technicians on the Theater Committee, training others in the use of the new equipment. He carefully ascertains the needs of the presenter before a program. Dave is also on the Arboretum Committee, where he is helping **Herb Minkus** (Arboretum Coordinator) in mapping the trees of the Arboretum, using the GPS systems given in honor of the late **Howard Kriebel**. He also helps **Maggie Heineman** with the layout of Medford Leas Life and the MLRA website.

### IN MEMORIAM

<b>Louise Schaeffer</b>	<b>March 1</b>
<b>Mary Douglas</b>	<b>March 18</b>
<b>Elizabeth Kressly</b>	<b>March 19</b>

## HAIR SALON CHANGES

by Kitty Katzell



For as long as Medford Leas has had a hair salon, **Joe Doyle** has been the proprietor. In recent years, he has also been a member of the cast of the Employees' Holiday Shows. Now, after all these years, Joe has decided to retire, and it won't be the same without him – both literally and figuratively.

Beginning April 1, **Diane Mauroff** will be the new owner. Residents who have been customers in the salon already know Diane, since she cuts both men's and women's hair. She also gives manicures and pedicures. Among the changes she is planning for the salon will be the addition of a masseuse in attendance twice a month and an aesthetician who will give facials. Diane has scheduled a Grand Opening (with door prizes) for Monday, April 19, so check the weekly calendar for more details.



photo by Margery Rubin

## COLLEGE COMES TO YOU FOR FREE

by Kay Cooley

Have you ever wanted to take a class in French Impressionism or study creative writing? Chances are you can find such topics among the hundreds of courses offered online for free. All you need is a computer and a high-speed Internet connection.

College courses can be accessed in two ways. Some universities, such as Yale and MIT, maintain their own websites, while others participate in collaboratives such as OpenCourseWare Consortium, a cooperative of sorts that includes courses from more than 44 higher education institutions and associated organizations around the world.

Learning is self-directed; there are no grades, no feedback, no class-time interaction with faculty, no credit, and, in many cases, no registration. Some courses are recordings of actual classes and may be transmitted as videos through YouTube, audio lectures through iTunes (for owners of Macs), or downloads of text transcripts. Yale uses all three.

A leader among colleges in providing free online courses since 2007, Yale currently offers 25 of them with 11 more to come this fall. The home page displays a list of departments for course selection and links to YouTube and iTunes. Selecting a department opens up a description of the department, a list of available courses, and a short blurb about each. The individual course page provides a more detailed course description and a useful list of course content. There is a button for downloading a text version of the course. The home page is accessed at [oyc.yale.edu](http://oyc.yale.edu).

In 2002 MIT launched its OpenCourseWare site and eventually uploaded materials for all its 1,950 courses. In addition to a list of departments, its home page provides a helpful page, "Get Started With OCW," for first-time users. Like Yale, MIT requires no registration and provides the option of following a course online or downloading the text. Its web address is [ocw.mit.edu/OcwWeb/web/home/home/index.htm](http://ocw.mit.edu/OcwWeb/web/home/home/index.htm).

OpenCourseWare Consortium hosts nearly 4,000 courses in seven languages. The home page has space for entering the subject, the language, and the source of a course the user seeks to find. Clicking on the button "Find Courses" launches the search. (Note that text on the page inviting the user to share courses is addressed to institutions, not individuals.) The home page of OpenCourseWare Consortium can be accessed at [ocw.consortium.org](http://ocw.consortium.org).

These are just some of the sites for free online courses. Other types of learning sites will be discussed in a second article in the May issue of *Medford Leas Life*.

## MLRA PLANT SALE

by Dottie Heisler & Perry Krakora

The annual MLRA Plant Sale will take place on Thursday, May 6, in the Estaugh Walkway from 8 am until noon. Residents using wheelchairs, scooters, or walkers may purchase plants the evening before the sale, Wednesday, May 5, between 6:30 and 7:30 pm.

The offerings will include hanging baskets, potted plants, bedding plants, herbs, tomatoes, and peppers, everything one might need for a colorful and tasty summer. Mother's Day is Sunday, May 9, and flowers are a welcome gift at any time.



Volunteers are always needed on sale days. Residents willing to help should contact **Ellie Elmendorf**, 3652.

Proceeds from the Plant Sale pay for flowers in the public rooms on the Medford campus throughout the year. A contribution is also made to the Employee Appreciation Fund.

So mark your calendar and welcome spring!



## CAPITAL NEEDS STUDY COMPLETED

by Kay Cooley

At the January 13 Estaugh Board meeting, Al Diefert of FCM Consulting Group — a firm with significant experience in the health care industry and CCRCs in particular — presented the results of his study of Medford Leas' capital needs. The study is a Strategic Plan initiative and will indicate what capital expenses to plan for in the next 30 years.

The Capital Study “analyzed facility components and equipment that have or will have reached the end of their useful lives, or are no longer able to be maintained in efficient operating condition for the next 30-year period.” It describes general conditions and makes recommendations about work that should be performed immediately and annually thereafter.

The analysis indicated that, although the facility is in good condition and very well maintained, a significant part of the infrastructure is at the end of its useful life, and some of it — such as the boilers, pumping station, and sewer ejectors — will need to be replaced in the near term. The study included estimated costs of implementing the recommendations.

At the end of his presentation, Mr. Diefert commented on what a special place Medford Leas is. He said that every day as he walked the halls, he was greeted by people to whom he was a stranger. Many times, when he was studying a campus map, passersby would not only ask if they could help, but frequently offered to take him where he needed to go. He thought such friendliness was unusual, and he appreciated it.

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“No matter how I struggle and strive,  
I'll never get out of this world alive.”

*Hank Williams*



## MUSH!

This winter **Herb Heineman** went dog sledding over frozen lakes and through the forests of Northern Minnesota near Ely, which touts itself as the dog sledding capital of the United States. Herb's trip was in February with his 14-year-old granddaughter, Rachel.

There are two main aspects to a dog sledding adventure: tending the dogs, including feeding, watering, and "scooping"; and, riding standing on a sled behind them, holding onto a bar, shouting commands, and working a footbrake to stop the sled from running downhill over the dogs.

A dog team has three or five dogs, harnessed to each other as well as to the sled. They are either Canadian Eskimo dogs or Siberian Huskies and are "born to pull." They are also born to vocalize with a distinctive "woo-woo" sound, called "singing" by their owners. They are high-energy, boisterous dogs sounding off when waiting to be harnessed, when harnessed, when running in harness – in fact, any time except when they are eating or sleeping.



Five dogs pulling Herb and Rachel Heineman

A photo essay appears on [mlra.org](http://mlra.org), and Herb's personal account is in the February issue of the *Lumberton Campus Chronicle*, which is in the main library on the Medford campus.



## EMPLOYEE OF THE QUARTER

**Rick Trandahl**, who has worked at Medford Leas for over 20 years — in housekeeping, skilled nursing, and now the Fitness and Aquatics Department — has been honored as Employee of the Fourth Quarter of 2009.



photo by Margery Rubin

The notice announcing his selection highlights a long list of achievements, including the following: He trains new staff members in the Department. He takes a leadership role in the annual Fitness Day program, the Fitness Luncheon, the Polar Bear Dip, Community Day, and Active Aging Month. He initiated and organizes the annual **Ann Naulty** Diner Walk and the staff/resident Water Volleyball Competition. He does an outstanding job of coordinating the fitness and aquatics programs on the Lumberton campus, thereby increasing participation by Lumberton residents.

Rick was a Certified Nursing Assistant when he worked on John Woolman. He recently received Aquatic Exercise Association's Certification, and now is studying for the American Council on Exercise's group fitness instructor certification.

Congratulations, Rick, and many thanks for working to keep us active and fit.

## A WIN-WIN PROPOSITION

by Suzanne Frank

Thinking of going south but can't go? The answer is right here...no plane, no ticket, and no security line.

It's our Pool — warm, shimmering, peaceful, and inviting. Those who use it have become friends with the water. They feel the freedom of being surrounded by its warmth and by its buoyancy. Some choose just to walk in the enfolding embrace and pressure of the water. Others do aerobics, which can be so much kinder to the joints and muscles than exercise on land. Deemed highly beneficial, the water offers mild resistance while doing arm and leg routines, aiding in the building of strength and endurance. Additionally, the Pool offers both a great chance to work on balance, without the fear of falling, and an invitation to join the fun of just being with others when doing routines.

Some come to swim laps, to float, or just to enjoy the camaraderie of being in the water with others. Some use the Pool for help with such problems as sciatica, to build up weak muscles, and to get a feeling of being free to move without the hindrance of gravity.

Director of Fitness and Aquatics **Beverly Kanningieszer** sums it up succinctly when she says: "Working out in the water can be strenuous enough to challenge a world-class athlete and yet can be tailored for a novice or a very frail individual. The water's buoyant properties support the body without undue stress on the joints and ligaments."

**Ed Ellis** of the Fitness and Aquatics staff points out that some of the advantages of being in the water are improving posture, toning muscles, increasing circulation and balance, and enhancing mood.

This is an opportunity not to be missed. The Pool's right here, so put on your bathing suit and come down. It's a win-win proposition.

## ART GALLERY NEWS

by Helen L. Vukasin

The Philadelphia Society of Botanical Illustrators will exhibit their work in the Medford Leas Art Gallery for their first show ever in New Jersey. The exhibit, *Explore the World of Flowers*, will be shown in April and May. It will coincide with the annual Arboretum Lecture scheduled for April 24.



Painted-Feather Bromeliad  
by Ann Marie Williams

These illustrators have exhibited in the McLean Library of the Pennsylvania Horticultural Society and participated in the 2010 Philadelphia International Flower Show. They are donating proceeds to the organization, *Living with Breast Cancer*. They also provide teachers and art supplies for the Fleischer Art Memorial program for teens.

The opening reception will be on Sunday, April 11, from 3:30 to 5:00 pm. Artists from the group will be present to talk about their work and methods. There will be fruit and cheese as well as cookies to tempt visitors.

Downstairs in the Art Studio Gallery, a totally new show will open on Monday, April 19, with a reception from 10 am to noon. Refreshments in the Studio will include finger sandwiches and cookies with punch.

April is the last opportunity to see **Rolf Rogers'** wonderful photos at the Lumberton campus Art Gallery. Beginning in May, photos of **Bob Gray's** project work for the AFSC will be displayed.



## WELCOME TO THE COURTS

**Gilbert (Gil) Goering** recently moved from Bridlington to Apt. 298. He loves his new place and finds it convenient to walk to the Computer Room, where he helps residents almost daily as chair of the Computer Committee.



In addition to his expertise on computer problems, Gil is also a bridge player and chairman of the Wednesday evening duplicate bridge. A new activity for him is English country dancing at the Haddonfield Friends Meeting

Gil is a devoted birder and many of his travels are tied in to opportunities to discover new species. His most recent trip was to the Rio Grande Valley in Texas with his son.

Gil has a master's degree in mathematics from the University of Colorado. He spent most of his professional career as senior engineer at IBM in Poughkeepsie, NY. He lived there with his wife, **Peggy**, and four children. Peggy died in August 2008.

E.S.

## RESIDENTS' BOOKS

The March issue of *Medford Leas Life* carried an article about the many books in the Library that were written or edited by residents. Wasting no time in following up on that article, **Bob Hambleton** and **Joanne Greenspun**, Librarians, have been busy finding those books. The books that have been located have been placed on a library cart that stands at the far end of the second aisle from the Atrium. Residents may check out these books in the same way as other books in the Library, but should return them so that oth-

ers may have the pleasure of seeing them, too. Some residents' books have not been found and will require further detective work.



## HEARD AT THE DINNER TABLE

"Two things happened to me last week that really made me feel great about living at Medford Leas," **Mary Hope Mason** told her dinner companions on a recent Sunday.

The first incident was when she tried to move her car out of the snow the first time. Quite a bit of snow had already melted, but there was still a pile at the back and on the driver's side. She managed to get into her car and was about to pull out, when **Todd Jones** from Security came alongside and asked whether she was leaving. When she said "yes," he offered to clear her space while she was gone, and the pavement was bare when she got back.



The other good experience was when an alert flashed on her computer screen, warning her that her computer was at risk of being broken into. She tried to figure out what to do, then called **David Wagner** in the IT Department. Responding to the SOS, David said it was a warning from Spyware, a security company. He got rid of it, and Mary Hope was back in business.

E.S.

## APRIL CRYPTOGRAM

by Ellen Stimler

OSAAP ZWU, OK YKKH, OK YWHI,

OK XNECDP, PDA XNEZWH KB

PDA AWNPD WJZ OGU. OSAAP

OLNEJC, BQHH KB OSAAP ZWUO

WJZ NKOAO, W XKT SDANA

OSAAP YKILWYPAZ HEA.

## CAKNCA DANXANP

Here is the solution to the March cryptogram by **Ariel Hollinshead Hyun**:

LIFE DOES NOT CONSIST MAINLY, OR EVEN LARGELY, OF FACTS AND HAPPENINGS. IT CONSISTS MAINLY OF THE STORM OF THOUGHTS FOREVER FLOWING THROUGH ONE'S HEAD.

—MARK TWAIN

The correct solution was received from the readers listed below:

**Ken Anderson, Jane Bartram, Ruth Blattenberger, Judy Braddy, Jody Cardona, John Caughey, Doris Curley, Liz Dill, Betty Donahue, Louise Evaul, Alan Gaylord, Neil Hartman, Herb Heineman, Barbara Heizman, Hugh Jenkins, Sally Klos, Mary Hope Mason, Virginia Mattice, Eileen McManimen, Alice Norcross, Helen Peterson, Betty Preston, Warren Reeves, Doris Salati, Peg Scott, Ellen Wiener.**

Please put your solution in an envelope in Box 162 or email it to [estimler@medleas.com](mailto:estimler@medleas.com) by April 10. We would like to get new cryptograms from our readers.

## MEDFORD LEAS LIFE

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